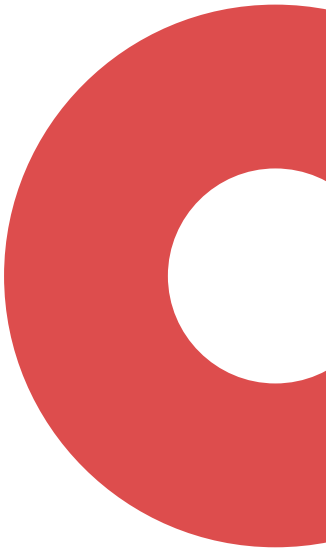




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## Here comes 'trouble'

**Canadian law having a hard time keeping up with  
polyamorous families, says Ottawa family**  
**metroNEWS**

## City defends spending on social services

**CARLETON STUDY**

**Problem fix  
more important  
than numbers,  
councillor says**



**Emma  
Jackson**  
Metro | Ottawa

Fighting over numbers isn't going to fill the city's very real gaps in social service spending, said Coun. Diane Deans.

Staff will issue a memo Friday attempting to "shoot holes" in an unflattering Carleton University study that found the city's social services spending has dropped per capita and gets less of the overall budget than five years ago.

Deans said that approach is counterproductive.

"(Staff) can shoot holes in their numbers or we can recognize that there's a real and urgent need in the community,"

Deans said.

She said partner agencies have made it clear caseloads are increasing and are becoming more complex, yet funding remains flat.

Lead researcher Steve Pomeroy said in an email he "stand(s) by the analysis and the numbers," which came from official, audited sources.

He predicted the city would dispute a chart that showed social housing spending was two per cent less in 2014 than in 2011. Extended to 2015, the same data would have shown a five per cent increase.

Pomeroy said the 2015 data was not available for his study, so adding it to the discussion is "fair."

But it doesn't change the per capita drop in funding from \$222 in 2012 to \$200 in 2016, while police spending rose from \$264 to \$288.

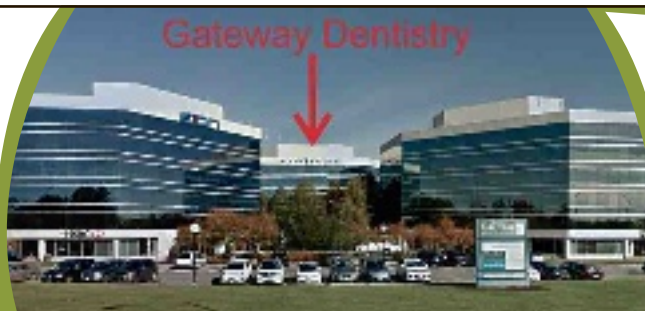
At the same time, crime rates dropped and demand for social services rose, Pomeroy said.



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# 5

## THINGS TO DO ACROSS THE CITY THIS WEEKEND

Music, art, ribs and whisky — what more could you ask for this fine fall weekend? From fundraisers to music festivals, Metro's got you covered to make sure that you're able to take advantage of the last of the warm weather.



**Emma Jackson**  
Metro | Ottawa

### 1 Orleans Rib Fest

If you didn't get your fill of smoky, barbeque ribs at the downtown festivals this summer, Orleans Ribfest has you covered. The new event starts Friday and runs all weekend with five rib vendors, a corn roast and craft beer gardens. Get your sticky on at Centrum Plaza.



### 4 Arts and Craft Crawl — Whisky edition

You love art, you love to shop local, and you love whisky. Why don't you combine all three this Saturday? Beginning at the H'Art of Ottawa Gallery at the Bronson Centre at 6 p.m., enjoy a walking tour of four local art galleries while chatting with the artists and tasting craft whisky along the way. The last stop will include food, a cash bar, and a silent auction in support of Ability First Ottawa. Find tickets on Eventbrite.ca.



### 2 Festival of Small Halls

Nothing like some fall weather to put you in the mood for a country drive, and beginning this weekend you've got the perfect destination. The Festival of Small Halls will bring local and renowned musicians to the community centres, watering holes and town halls of the Ottawa Valley for the next three weeks. This weekend, catch the April Verch Band in Pembroke or Morton, and Breabach in Maxville or Maberly. For the full schedule visit thefestivalofsmallhalls.com.



### 3 Tastes of Wellington West

Get a taste of Hintonburg and Wellington Village this Saturday afternoon as more than 100 businesses come together to offer four hours of sidewalk sales, live music, free samples during the annual Tastes of Wellington West between 11 a.m. and 3 p.m. The kiddies will enjoy the Kids Zone in Parkdale Park, but most adults will bee-line it to the Twist and Stout Brewery Market.



### 5 Gold on the Hill

Shine a light on childhood cancer this weekend as the Peace Tower is lit up in gold to call for a national strategy for the treatment of childhood cancers. Stuntman Stu will lead the ceremonies, which includes a parade of heroes, live performances, crafts for the kids, a candle lighting ceremony and a message from Sophie Grégoire Trudeau.



## DEVELOPMENT

# Residents concerned Carlington bike park just the beginning

Councillors are pumped about a new mountain bike park, but for some residents it's all downhill from here.

Staff were given the nod Thursday to partner with the Ottawa Mountain Bike Association to design a pump track and skills area at Carlington Park, which is between Kirkwood and Clyde avenues.

These won't be downhill trails: rather, the skills area

would offer a series of boardwalks, ramps and beams for beginners to hone their talents, while the pump track would convert an otherwise flat field to a closed circuit of humps and bumps to simulate rocky terrain.

The entire development would be about 0.32 hectares.

But some residents are concerned this is just the beginning.

The plans are considered phase one of a four-phase project that could eventually include downhill trails and dirt jumps.

According to resident Linda Landry, agreeing to phase one is tantamount to approving future facilities, which could push

other users like pedestrians and sledders out.



**We're talking about shared public space.**

Linda Landry

the first phase for problems, and, thanks to a motion from

"We're talking about shared public space," Landry said.

Parks manager Dan Chenier said staff will monitor

Coun. Riley Brockington, will report back in 2018 on any issues.

All four opponents who spoke Thursday also raised concerns about process, arguing that since Carlington Park attracts visitors city-wide, the entire city should have been canvassed rather than just immediate neighbourhoods.

"There were no signs posted in the park," said Sharon Boddy. "This is a public park,

the people who use it should have known about this."

Consultations were left up to the community association, since this was a community-led idea, Chenier said. Staff will continue to consult the community on detailed designs going forward, he added.

The proposal was approved with only Coun. Keith Egli dissenting. It heads to council Sept. 28. EMMA JACKSON/METRO



# Make city officially bilingual: MP

## LANGUAGE

### Notion spurred passionate debates over the years

Liberal MP Denis Paradis thinks it sounds obvious enough: Canada is an officially bilingual country, so its national capital should be too.

"I do think that it would be a good thing that Ottawa shows that there are two official languages in the country," Paradis, who represents the Quebec riding of Brome-Missisquoi, said in an interview.

That's why he would like to raise the idea with colleagues on the House of Commons standing committee on official languages, which he chairs, when MPs return to Parliament Hill next week.

The notion of making Ottawa officially bilingual — which Paradis says would not involve changing any federal laws — is one that has come and gone and come again over the decades.



The City of Ottawa has had a bilingualism policy since 2001. RICHARD LAUTENS/TORSTAR NEWS SERVICE

It has sparked passionate debates between those who want stronger protections for the rights of the minority French-speaking community in Ottawa and those who fear it would cost too much and further restrict access to jobs in a city where bilingualism is already

a frequent requirement for a job in the federal government.

Paradis said he was inspired to discuss the proposal with the committee this fall in part because it was long championed by Mauril Belanger, a Liberal MP from Ottawa who died this summer following a battle with

amyotrophic lateral sclerosis, or ALS, commonly known as Lou Gehrig's disease.

The City of Ottawa has had a bilingualism policy since 2001, which says the municipality recognizes both English and French as having the same rights, status and privileges.

It's the reason why Ottawa Mayor Jim Watson has long opposed officially changing the status, arguing the city is already bilingual.

A group called Movement for an Officially Bilingual Capital of Canada wants the municipal council to ask the Ontario

legislature to change the City of Ottawa Act so that it officially recognizes the bilingual character and status of the city as the national capital, which they argue would essentially enshrine the status quo in law.

Added Alain Dupuis, vice-president of the Association des communautés francophones d'Ottawa, one of the organizations behind the proposal: "We are not asking for a federal-type officially bilingual city where you would have to have X number of jobs designated or reserved. Let's just make sure that future generations can enjoy the same level of services that we have now."

Beth Trudeau, member of a group called Canadians for Language Fairness, nonetheless strongly opposed any change.

"Ask (Ottawa residents) if they (want) such an unnecessary added expense to their tax bill," she wrote in an email, pointing out the call for a bilingual Ottawa does not include bringing bilingualism to Gatineau, Que., the other city that makes up the National Capital Region.

THE CANADIAN PRESS



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Bruce Linton, CEO of licensed producer Canopy Growth Corp., at the Smiths Falls grow-op facility. COURTESY CANOPY

## Time to roll in the green

### MEDICINAL MARIJUANA

## Legalized weed firm insists it is ready to take market control



David Sali  
Ottawa Business Journal

The head of Canada's largest medical marijuana producer had a message for Ottawa businesspeople Thursday morning at city hall: legalized weed is coming soon, and his company is ready to be No. 1 in that space as well — and not just in Canada.

"We didn't want to stand around and wait and have a big company form in another country to come take us over," Bruce Linton, the chief executive of Smiths Falls-based Canopy Growth Corp., said in his keynote speech at the Mayor's Breakfast event.

"We want to be really not very Canadian. We want to dominate the world."

Linton said Canopy is al-

ready working on new products to compete directly with alcohol, including beverages infused with THC, the active ingredient in marijuana. Such drinks could come in a multitude of flavours and in different strengths comparable to beer, wine and spirits, he added, but without the nasty side-effects of booze such as hangovers and weight gain.

"The alcohol market's a funny one," Linton said. "It's very fickle ... I think because of its fickle nature, (alcohol) is susceptible to disruption from other products. The products that we're bringing to market are substantial disruptors. I think that category is always open and we have a new, better answer."

Originally founded in 2014 as Tweed Marijuana, Canopy Growth Corporation currently controls more than 25 per cent of the Canadian medical marijuana market.

The federal Liberal government has said it plans to introduce legislation next spring to begin the process of legalizing and regulating marijuana for recreational use.

### IN BRIEF

#### Alfredsson makes it official

If playing hockey didn't make Daniel Alfredsson Canadian enough, he'll soon make it official.

Alfredsson — the longest-serving captain in Ottawa Senators history — is set to become a Canadian citizen at a special ceremony on Sept.

20. The Swede will get his citizenship along with hundreds of others as part of the World Cup of Hockey 2016 Legacy Project put together by Immigration, Refugees and Citizenship Canada the NHL and the National Hockey League Players Association in Toronto. EVELYN HARFORD/METRO

### TECH

## Amazon's Alexa to find voice in Ottawa

Work on the next generation of Amazon's voice-activated products will be taking place in Ottawa. The Seattle-based tech giant opened a new office in Ottawa in August.

The team there will be working on Alexa, Amazon's voice platform, says Francois Boisvert, a software development manager at Amazon who will be heading up the local development team.

Alexa powers Amazon's Echo device, a "smart" voice-activated

Bluetooth speaker.

Boisvert says he can't go into the specifics of what the team will be working on but says he's hiring mobile developers "as well as people with voice-over-IP and real-time communication expertise."

He plans to do a lot of hiring, he adds.

"The sky's the limit," Boisvert says, pointing out that Amazon's team in Toronto started with just a handful of people but now employs hundreds.

Boisvert says Amazon was attracted to Ottawa because of the city's history as a technology development hub and the fact that there's less competition for talent here than in major cities in the United States.

"In Seattle, the job market is really tight and very competitive, because all big players are in Seattle, like Facebook and Google," he says. "In order to get the talent you need, you have to be very creative."

Ottawa also has a deeper

bench of talent than many other cities.

"At one point, we were the Silicon Valley North, with companies like Nortel and Cisco establishing big development centres here," Boisvert says. "When we looked at the various cities, I think Ottawa became an obvious choice, because we know the talent that we needed is here in Ottawa."

Boisvert's main goal now is to recruit developers. JACOB SEREBRIN/OTTAWA BUSINESS JOURNAL

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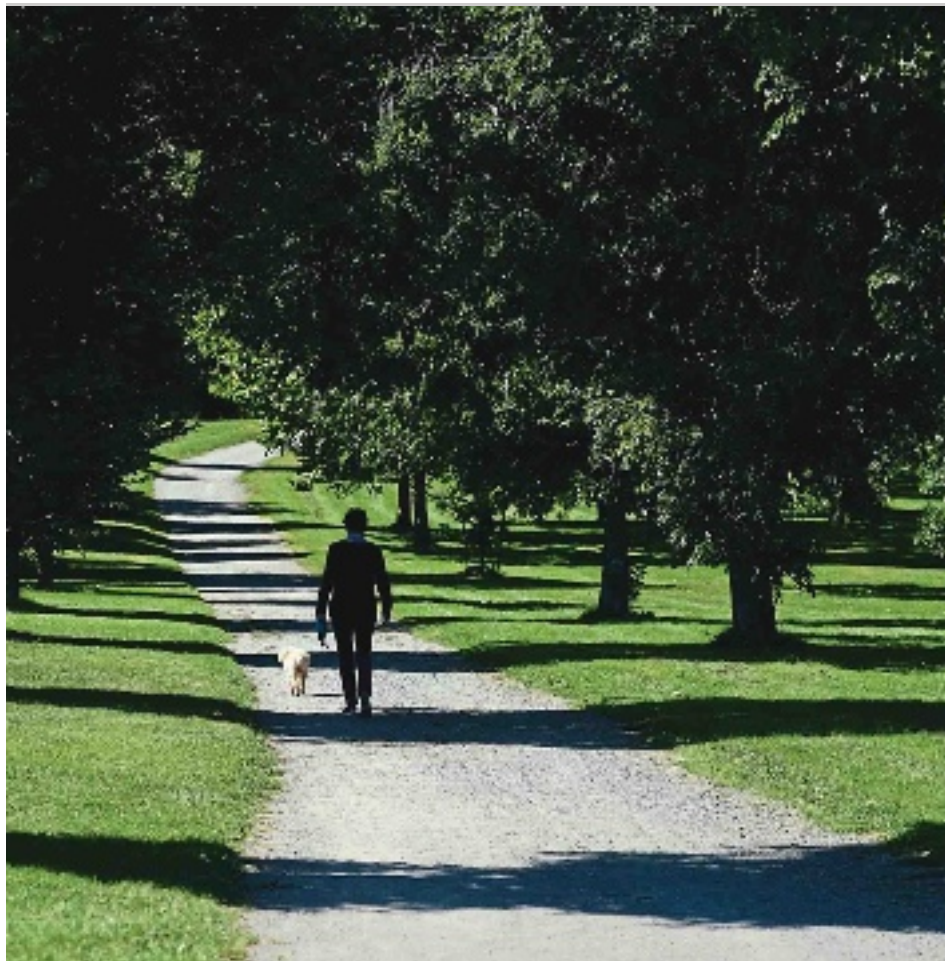
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**ARBORETUM SEPTEMBER STROLL** A woman walks her dog through Dominion Arboretum on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

# The challenges for 'troups'

## CULTURE

### Polyamorous say laws need to catch up



**Evelyn Harford**  
For Metro | Ottawa

Polyamorous families in Ottawa face unique legal challenges that take the old relationship phrase "it's complicated" to a whole other level.

One woman, who identifies as polyamorous, lives with her husband and wife in the Ottawa area. She didn't want to be named to avoid outing herself and her partners, who could face repercussions in their personal and professional lives.

For two years, the woman has lived in the same house with her two partners and their three kids, who are biologically fathered by her husband, though the trio have been an item for much longer.

She says being in a relation-

ship with two people means she can't be legally married to both partners, which creates complications when it comes to parental rights, insurance, taxes and other legally binding contracts such as mortgages and wills.

If her husband died, she would have no legal basis to see her stepchildren because she is only married on paper to her wife. Nor can she list both partners as next of kin visitors if ever she is rushed to the hospital.

"I can't have both partners at my bedside if I was dying in the hospital," she said. "And that's the last place you want to think about poly rights."

These things need to change to accommodate families like hers, she said. John-Paul Boyd, the executive director of the Canadian National Research Institute for Law, agrees.

He conducted the first-ever survey of polyamorous families in Canada this summer.

He said the number of people in poly relationships is growing and soon the laws will have to catch up to the changing struc-

tures of modern families.

"It's about time people are talking about this," says the woman who spoke to Metro. She said fear and stigma hold people who are in poly relationships from fighting for their rights.

She said the system of tax benefits, parental rights and even hospital visitations is set up for couples, and there isn't anything set up for people who live and love in poly relationships.

"It's going to take time to change things," she said. "And it's going to be hard."

For now, she'll continue to live in her loving poly home, despite its complications because, she says, "It's worth it."

## + DEFINED

### Trouple

A three-way couple in a long term relationship "Mike, Rick and Steve have been together for six years. They're a trouple."

SOURCE: URBAN DICTIONARY

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# \$18.7M extra for social housing fixes

## INFRASTRUCTURE

### Critical repairs top priority list



**Emma Jackson**  
Metro | Ottawa

An extra \$18.7 million will be channeled into social housing repairs next year to address the backlog of broken elevators, crumbling brickwork and rick-

ety stairways facing Ottawa's most vulnerable residents.

The new federal-provincial Social Housing Improvement Plan allocated Ottawa \$16.2 million for repairs in 2016-17, and the city is kicking in another \$3.3 million from its own housing and homelessness investment plan, totalling \$19.5 million. Removing \$800,000 in administration costs, the city has \$18.7 million for repairs. But the extra money won't fix all problems facing the

city's 54 social housing providers, since staff received more than 200 proposals from landlords adding up to more than \$38 million.

With such a backlog, the most critical issues will be addressed first, with \$5.7 million doled out to five urgent problems this year, said social services general manager Janice Burelle.

The leftover money will be split between Ottawa Community Housing, which operates 66 per cent of the city's social

housing stock, and the other 53 social housing providers on a per-unit basis.

While Burelle expects the feds and the province to announce more funding for future years, she said the city's annual repair budget is chronically short at about \$19 million a year. That's well below the approximately \$70 million industry standards would suggest is needed to keep the city's stock of 18,500 units in good shape.



The majority of the funding is from the new federal-provincial Social Housing Improvement Plan. PIXABAY

## OKTOBERFEST

### Putting the bier into September

#### THE BOTTLENECK

**Jordan Duff**



It's the most wunderbar time of the year! Every fall, Beau's All Natural Brewing throws a gigantic Oktoberfest celebration in their home town of Vankleek Hill. From humble beginnings, the German-inspired event has grown to become the signature beer event for the Ottawa area. More than 20,000 Oktoberfesters will don their alpine hats and grab their best beer stein before heading to the town fairgrounds to take in the activities, music, food, fundraising and, obviously, beer.

This year, the two-day fest will run Sept. 23-24, highlighted by concerts including ageless wonders 54-40 (Friday) and the always impeccably dressed k-os (Saturday). If the September date has you confused, don't worry: the Munich Oktoberfest traditionally takes place from mid-September until the first weekend in October, so we're good.

The local beer scene has grown exponentially since the first Beau's Oktoberfest was held in the brewery's backyard in 2008. This event has grown, too, and Beau's, with the help of an army of volunteers, has continued to

work hard to set the standard for an excellent, inclusive party. If you've never been, it's a sight to behold.

With so much going on, one could almost forget about the beer. Almost. Beau's will be pouring more than a dozen of their own creations, including their autumn seasonal Farm Table: Märzen and their Baltic porter, One Ping Only, which was voted into production at last year's School of Bock session.

As if this multi-sensory satisfying fest couldn't make attendees feel any better, it's a huge fundraising event. Beau's expects the total Oktoberfest charity funds, after contributions from 2016 are added, to surpass the half-a-million-dollar mark. For tickets, schedules, bus info, the Beau's Oktoberfest App and all the stuff I couldn't fit into this column, check beausoktoberfest.ca.



Beau's Oktoberfest is a fall tradition. COURTESY BEN WELLAND

## City fund renos for parks and centres

The city's putting the fun in funding as it grants \$915,000 for major park and community centre renovations this year.

The Dovercourt Recreation Centre will get the largest slice of the pie, with \$500,000 earmarked for expansion and renovation.

In Manotick, \$200,000 will create a veteran's memorial park in Dickinson Square. New Edinburgh Park will get \$75,000 for new play structures, and Manor Park's com-

munity centre will receive \$60,000 for renovations.

In the west end, Dunrobin's community centre will receive \$55,000 for a bigger, better outdoor skating rink, while \$25,000 has been earmarked to create a sledge hockey space at the Minto Recreation Complex in Barrhaven.

Each grant represents half of the projects' total costs. Community groups fundraised the balance.

EMMA JACKSON/METRO

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## Man jailed in China now free

Kevin Garratt, the Canadian man suspected of espionage and detained by China since 2014, has returned to Canada, Torstar News Service has confirmed.

His father Ross Garratt said he learned last night through another of his sons that Kevin would be coming home, and said he is back in Canada now.

Garratt's release comes a week after Prime Minister Justin Trudeau returned from an official trip to China where he says he raised Garratt's case with Chinese leaders in Beijing.

His family had hoped for good news prior to the Trudeau trip, but expressed disappointment last week when there were no developments.

Garratt and his wife Julia, of Vancouver, had lived in China since 1984. They ran a popular coffee shop on the border of China and North Korea.

Arrested in August 2014, they were accused by China's state security bureau in the border city of Dandong of stealing state secrets and spying. Julia Garratt was released in February 2015. Kevin Garratt was formally charged this past January. The family has denied all allegations that Garratt was spying. **TORSTAR NEWS SERVICE**



Kevin and Julie Garratt embrace at Vancouver airport after Garratt was released by the Chinese government. **CONTRIBUTED**

### IN BRIEF

#### Legal expert expresses doubts over Vader verdict

At least one legal scholar says a judicial oversight may invalidate the verdict that found an Alberta man guilty of second-degree murder. Travis Vader was convicted in the deaths of Lyle and Marie McCann.

But Peter Sankoff, a University of Alberta law professor said Thursday that the judge used an invalid section of the Criminal Code in his decision.

"I'm pretty confident that the ruling can't stand," he said. **THE CANADIAN PRESS**

# Finding a feathered friend for all Canadians

150TH BIRTHDAY

## Panel of experts will choose National Bird



**Rebecca Williams**  
Metro | Toronto

Canadians have associated different birds with our identity for years. The common loon is on our dollar, the Blue Jay is the mascot of our baseball team and of course there's the Canada goose to consider.

Despite all that, and the more than 450 species of the things across the country, Canada does not actually have a national bird. One project has decided to change that.

Last year, Canadian Geographic created the National Bird Project in effort to help designate an official bird for Canada by 2017.

Canadian Geographic put out the call to Canadians for their opinions on which bird would best represent our sprawling landscape from coast to coast.

"We asked Canadians to help find a species that could

represent this nation of forest, prairie grassland, Arctic and sub-Arctic, maritime and wetland, agriculture and urban areas and many other habitats."

The bird project offered up 40 of the country's top birds and asked the country to vote on their favourites.

According to the project, more than 10,000 voted for different birds, not only from every province and territory but even Canadian expats scattered across the globe.

In fact, it seems Canadians are so passionate about our favourite feathered friends that

some provided essays along with their vote, explaining why their choice of bird flies above the rest.

Voting closed at the end of August and the National Bird Project tallied the numbers to create a top five, with the common loon leading the flock.

Now it's up to a panel of experts to decide which will become Canada's national bird in time for the country's sesquicentennial, otherwise known as its 150th birthday.

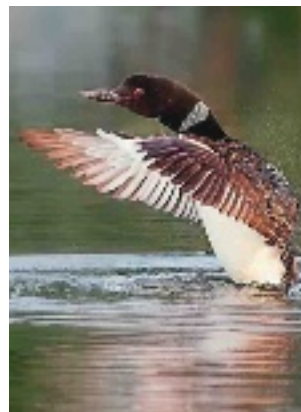
The Royal Canadian Geographical Society is hosting an event, where the panel members, which include

Steven Price, the president of Bird Studies Canada, and poet laureate George Elliot Clarke, will make their case for which fowl should take the top crown.

"The Great Canadian National Bird Debate" will take place at the Canadian Museum of Nature in Ottawa on Sept. 19 at 7 p.m. Tickets are available for \$10 or, if you can't make it to the nation's capital, you can stream the debate live on YouTube.

Minister of the Environment and Climate Change Catherine McKenna will be in attendance to give the opening remarks.

### MEET THE CONTENDERS



The common loon is Ontario's provincial bird and is perhaps best representative of the whole of Canada, as it breeds in every province and territory. Also namesake of the loonie, obviously.



The gray jay, also known as the Canada jay or whiskey jack loves cold climates. This bird spends its time year-round in boreal forests across North America. According to Can Geo, gray jays have a trusting nature, learning quickly that friendly Canadian campers can be a good source of food.



The snowy owl spends its summer north in the High Arctic but spends winter in all the provinces and territories. Snowy owls hunt and are active in both the day and the night, unlike most owls that are nocturnal. They are also the provincial bird for Quebec.



The biggest bird on the list, the Canada goose spends the summer in Canada, typically heading south for the winter in their very distinct "V-formations." However, climate change has made a difference to their migrations as warm winters has kept them north longer. When they do decide to fly south, they can cover 2,400 kilometres in just 24 hours.



The black-capped chickadee is the most widespread chickadee, visiting Canadians even in the darkest of winters. It has a clear call and has little fear of humans, as it visits backyard feeders year-round. **PHOTOS: ISTOCK**

HOUSE OF COMMONS

## Future home of country's MPs nears completion



**Prime Minister Justin Trudeau tours the West Block restoration and renovation on Parliament Hill in Ottawa on Nov. 3, 2015. THE CANADIAN PRESS FILE**

The future workplace for the country's MPs has been shrouded from view for months as a small army toils to prepare a temporary home for the House of Commons.

But media got a sneak peek Thursday at the complex renovation process for Parliament's West Block, which will house the Commons when the Centre Block is closed for its own makeover in 2018.

Unlike a proposed expansion of the nearby Chateau Laurier hotel, which has drawn impassioned criticism online, the parliamentary revamp is largely in line with the Hill's iconic imagery.

Dubbed by Public Works Canada as the "most complex rehabilitation project ever on Parliament Hill," the restoration is nearing completion, although

it's difficult to imagine the work being finished in 2017, given the many bare concrete and brick interior walls and the bare steel frames that will support a glass dome over the new Commons chamber.

Since work began in 2011, 15,000 square metres of exterior stonework has been refurbished. Individual stone blocks have been removed, numbered for identification and either painstakingly cleaned or replaced.

About 80 per cent of the original stone was re-used, leaving the building's facade as it was when the building was originally constructed, beginning in 1859.

It was important to maintain the historical heritage of the exterior because it is part of a group of buildings in Ottawa's downtown core that hold major national significance, said archi-

tect Georges Drolet of Arcop-Fournier Gersovitz Moss and Associates.

"These buildings are the face of Canada, in a way," Drolet explained. "To start significantly changing that, you'd have a hard time demonstrating that what you are doing can be better."

The concept of preserving history was brought into sharp focus this week when the owners of the famed Fairmont Chateau Laurier hotel announced a design to expand and renovate the landmark that stands within eyeshot of the Parliament Buildings.

Depictions of the hotel's new design prompted a social media backlash.

"This falls under the category 'back to the drawing board!'," Ottawa Mayor Jim Watson wrote on his Twitter account.

**THE CANADIAN PRESS**



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# Clinton returns to campaign

## U.S. ELECTION

### Candidate walks on to James Brown's 'I feel good'

Back on the campaign trail, a reflective Hillary Clinton said Thursday her three-day, doctor-mandated break gave her new perspective on why she's running to be president. She vowed to close her campaign against Donald Trump by giving Americans "something to vote for, not just against."

Clinton made no apologies for keeping her pneumonia diagnosis from the public until a video emerged showing her stumbling and being supported by aides. She also repeatedly sidestepped questions about when her running mate Tim Kaine was informed.

An upbeat Clinton walked onstage at a rally in North Carolina to James Brown's song, "I feel good." She said that while sitting at home this week was "pretty much the last place I wanted to be," the time helped clarify how she wants to close her campaign against Trump.

"We're offering ideas, not insults," she said in a jab at Trump. "A plan that will make a real difference in people's lives, not prejudice and paranoia."

The rally marked Clinton's first public appearance since Sunday, when she abruptly left a 9/11 memorial service after getting dizzy and dehydrated. She had been diagnosed with

pneumonia Friday, but the campaign informed the public only after the video of an ill Clinton emerged.

The incident prompted fresh questions about both candidates' openness regarding their health. Trump released a new letter from his doctor Thursday detailing his blood pressure, cholesterol and medications, one day after Clinton made public a letter from her physician with similar information. Both candidates' doctors declared them fit to serve as president.

Trump's letter said the Republican is 6 feet 3 inches and 236 pounds — giving him a body mass index falling into the "overweight" range. The 70-year-old has blood pressure of 116 over 70, and his total cholesterol is 169, his doctor says.

Clinton, 68, has blood pressure of 100 over 70, and her total cholesterol is 189, according to her doctor. Her letter made no mention of her weight, a key part of a medical exam, nor did a similar letter released last year.

Trump's team took a swipe at Clinton's brief absence from the campaign trail in a statement accompanying the new health information.

"We are pleased to disclose all of the test results which show that Mr. Trump is in excellent health, and has the stamina to endure — uninterrupted — the rigours of a punishing and unprecedented presidential campaign and, more importantly, the singularly demanding job of president of the United States," the campaign said.

THE ASSOCIATED PRESS



A polar bear stands on a ice flow in Baffin Bay above the Arctic Circle as seen from a Canadian Coast Guard icebreaker on July 10, 2008. Arctic sea ice shrank to its second lowest level since scientists started to monitor it by satellite. THE CANADIAN PRESS

## GLOBAL WARMING

### Arctic sea ice keeps shrinking even more

Arctic sea ice this summer shrank to its second lowest level since scientists started to monitor it by satellite, with scientists saying it is another ominous signal of global warming.

The National Snow and Ice Data Center in Colorado said the sea ice reached its summer low point on Saturday, extending 1.6 million square miles (4.14 million square kilometres). That's behind only the mark set in 2012, 1.31 million square miles (3.39 million square kilometres).

Centre director Mark Serreze said this year's level technically was 3,800 square miles (10,000 square kilometres) less than 2007, but that's so close the two years are essentially tied.

Even though this year didn't set a record, "we have reinforced the overall downward trend.



What happens in the Arctic doesn't stay in the Arctic.

Michael Mann

There is no evidence of recovery here," Serreze said. "We've always known that the Arctic is going to be the early warning system for climate change. What we've seen this year is reinforcing that."

This year's minimum level is nearly 1 million square miles (2.56 million square kilometres) smaller than the 1979 to 2000 average. That's the size of Alaska and Texas combined.

"It's a tremendous loss that we're looking at here," Serreze said.

It was an unusual year for sea ice in the Arctic, Serreze said. In the winter, levels were among

their lowest ever for the cold season, but then there were more storms than usual over the Arctic during the summer. Those storms normally keep the Arctic cloudy and cooler, but that didn't keep the sea ice from melting this year, he said.

"Summer weather patterns don't matter as much as they used to, so we're kind of entering a new regime," Serreze said.

Serreze said he wouldn't be surprised if the Arctic was essentially ice free in the summer by 2030, something that will affect international security.

"The trend is clear and ominous," National Center for Atmos-

pheric Research senior scientist Kevin Trenberth said in an email. "This is indeed why the polar bear is a poster child for human-induced climate change, but the effects are not just in the Arctic."

One recent theory divides climate scientists: Melting sea ice in the Arctic may change the jet stream and weather further south, especially in winter.

"What happens in the Arctic doesn't stay in the Arctic," Pennsylvania State University climate scientist Michael Mann said. "It looks increasingly likely that the dramatic decrease in Arctic sea ice is impacting weather in mid-latitudes and may be at least partly responsible for the more dramatic, persistent and damaging weather anomalies we've seen so many of in recent years."

THE ASSOCIATED PRESS



## IN BRIEF

### Suspect in Florida mosque fire confessed

An ex-convict who posted anti-Islamic rants online confessed to setting fire to a mosque that the Orlando nightclub shooter attended, and said he was embarrassed by the crime, an affidavit says. St. Lucie County sheriff's detectives wrote that after Joseph Michael Schreiber was arrested, he told detectives that he had set the fire at the Islamic Center of Fort Pierce on the 15th anniversary of the Sept. 11 attacks. THE ASSOCIATED PRESS

## GERMANY

### Far-right group, asylum seekers engulfed in conflict



Mehdi, shows an injury on his arm, which he says he suffered during riots in Bautzen, Germany. THE ASSOCIATED PRESS

Dozens of police officers intervened as groups of far-right Germans and young asylum seekers clashed in an eastern German town that has seen racist incidents, officials said Thursday.

Around 80 Germans and 20 migrants attacked each other Wednesday night in Bautzen, a town between Dresden and the Polish border, local police spokesman Thomas Knaup said.

Officers were assailed with wooden sticks and bottles thrown by some of the asylum seekers

as they tried trying to separate the groups as they brawled in a town square, police said.

The far-right protesters shouted nationalist slogans and followed the asylum seekers back to their shelter while police tried to keep the groups apart.

Police used pepper spray and batons to protect themselves and to separate the two sides, authorities said. Police said they were trying to identify the individuals who participated in the fighting.

THE ASSOCIATED PRESS

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# Feds can help Canada's startups, minister says

## INNOVATION

### Ottawa should make use of its purchasing power: Bain

The Canadian government will use its purchasing heft to help young companies scale up by focusing on awarding contracts to homegrown startups, the federal innovation minister said Thursday.

"The government is in a very unique position. We are the largest purchaser of goods and services, we really are a marquee customer for a lot of these companies," said Navdeep Bains, minister of innovation, science and economic development in an interview.

"So how can we use government to really help invest in some of these technologies, some of these innovations, some of these ideas and become a customer for them?"

**How can we use government to really help invest in some of these technologies, some of these ideas and become a customer for them?**

Navdeep Bains

When we become a customer for them they can go abroad and brag about doing business in Canada."

The minister provided an update at the Waterloo Innovation Summit Thursday on the government's consultations for its "innovation agenda," which is expected to be revealed in next year's budget.

In addition to leveraging the government's purchasing power, the agenda will also

focus on investing in talent and research as the primary paths to put Canada on the map as a global innovation hub.

He believes the government has a crucial role to play in funding early-stage research in fields considered too risky for private sector investment, despite the calls of some in the tech sector who say the best thing a government can do for entrepreneurs is to get out of the way.



Scaling up companies beyond early growth stages has been a major stumbling block in Canada's tech sector. While Canadians start more than 70,000 companies each year, only about five per cent of those businesses go on to become "high-growth" companies, with 20 per cent growth in three consecutive years, Bains said.

"Canada can do better."  
TORSTAR NEWS SERVICE

## WAGES

### Education narrows gender gap: Study

A global education study reveals larger-than-average earning gaps between Canadian men and women, but that narrows as women pursue higher levels of study.

The report from the Organization for Economic Co-operation and Development analysed data from 35 member countries and 11 partner countries.

Among 25- to 64-year-olds with less than a Grade 11 education, Canadian women earned 61 per cent of what men earned in 2014, compared with the 76 per cent average across OECD countries.

Canadian women who achieved post-secondary studies fared a bit better at 72 per cent of what men earned, which is comparable to the OECD average of 73 per cent.

In other data, Canada had the largest share of adults with post-secondary education but a lower-than-average share of masters and doctoral degrees in 2015. Last year, 55 per cent of Canadian adults had post-secondary education, the highest share among OECD countries compared to an average of 35 per cent.

THE CANADIAN PRESS

## IN BRIEF

### Household debt climbs

The amount Canadians owe compared with how much they earn hit a new record in the second quarter, driven in part by the hot housing markets. The increase means households owe about \$1.68 in credit market debt for every dollar of disposable income. THE CANADIAN PRESS

### Report flags real estate

The Paris-based Financial Action Task Force is raising serious concerns that organized crime is using Canada's hot real estate sector to funnel cash. Its report also identifies charitable and life insurance as at risk of helping terrorists and criminals. THE CANADIAN PRESS

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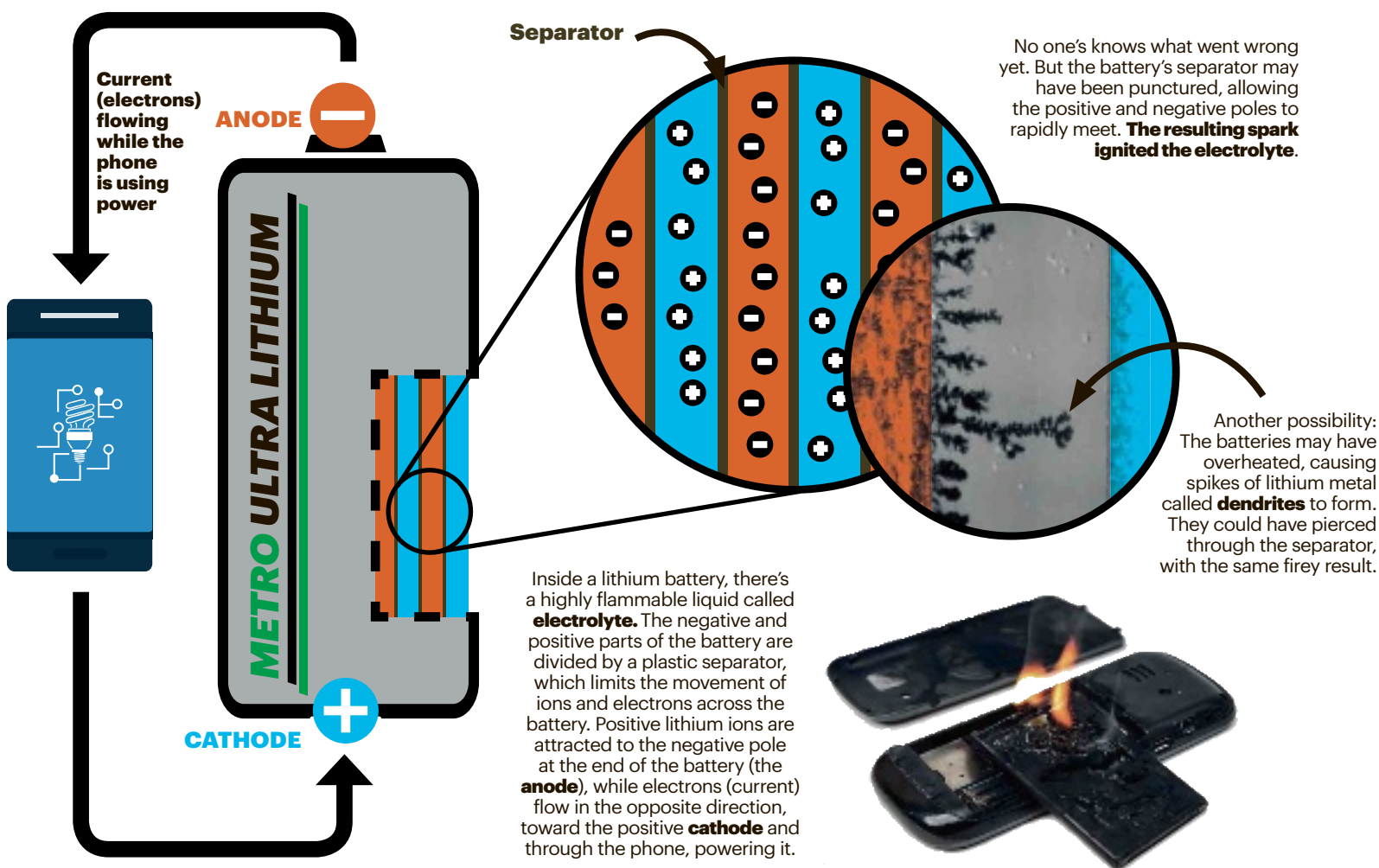
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DECODED by Genna Buck and Andrés Plana

## WHY ARE BATTERIES BLOWING UP?

A million Galaxy Note 7 phones have been recalled for an explosive reason: They're catching fire. According to Samsung, a manufacturer's defect has led to dozens of cases of lithium-ion batteries short-circuiting and bursting into flames. **Here's your answer to the burning question: How did this happen?**



### FINDINGS

#### Your week in science



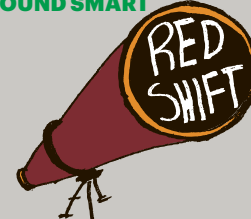
### EBOLA HANGS AROUND

The Ebola virus that swept West Africa in 2014-2015 is sneakily lingering in survivors, research in the journal *Nature* shows. It can stay in semen at least 18 months, far longer than thought. And the first case of spread via breast milk has been reported, though the mother wasn't sick.

### IT'S OUT THERE

By analyzing elements in the Earth's crust, researchers from Western University concluded our planet has the same chemical origins as nearby objects in the solar system — a finding light years away from previous science.

### SOUND SMART



#### DEFINITION

We see **redshift** when a distant object, like a star, is moving away from the Earth. When an object travels away, its light waves get stretched. Their frequency is reduced, which means the light is **shifted** toward the **red** end of the electromagnetic spectrum.

#### USE IT IN A SENTENCE

Mercedes thought the object she was looking at through her telescope was a red planet. But it wasn't Mars! The light appeared red because of **redshift**.

#### PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

## I have no chill about crystal crap

What do you think about healing crystals? —L.B., Toronto

Readers, I'll let you in on a secret: This question came from a co-worker who enjoys watching me theatrically scream, "That's not how this works! That's not how any of this works!" when crystals are mentioned in my earshot.

I have no chill about crystals or any of the "alternative," "complementary," "holistic" forms of "healing" that claim to harness, unblock, channel or otherwise manipulate "energy" or "qi."

My sarcastic-quotation-mark key is getting a workout today!

Here's why I hate this stuff so hard: Proponents of reiki, chakra crap, etc., talk about "energy" acting on the body as if the word "energy" exempts them from explaining themselves further.

As if scientists will say: "Ooooo, spoooooky! Energy! There's no way for me to detect or measure that!"

Guys. You know this. Energy is real. It cannot be created or destroyed. It is the capacity to perform work or generate heat.

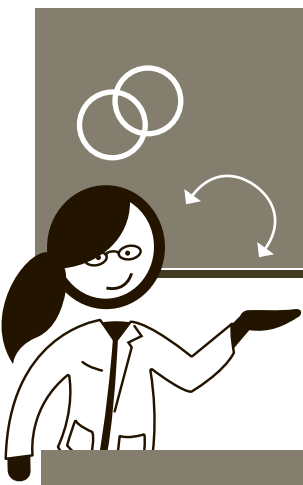
Yes, that sounds a bit weird and vague. I think of it this way: Energy makes things happen in the world. It can be stored as potential, chemical or nuclear energy, or expressed in the form of motion, sound, light, radiation, heat or electricity (there's a bit more to it than that, but no room for a full physics lesson here).

Bottom line: If it's not that, it's not energy. Only energy can make work happen. "Qi" can't heal your headache or remove your "toxins" or anything else because it Does. Not. Exist.

That's why I tend to lose it on the crystals crowd. They claim their esoteric energy is powerful enough to heal, but too subtle and magical to be detected with scientific instruments. And we can detect the earth wobbling by less than the width of an atom.

Woo like this is largely harmless. It even comes with some chill vibes and a nice placebo effect. But I just can't be chill about it. I'm not feeling the energy.

Science Question? Tweet @genna\_buck







In *Blair Witch*, James (James Allen McCune, centre), sets out into the woods in search of his sister, who disappeared in the '90s while making a doc about the Blair Witch. CONTRIBUTED

## If you go out in the woods today...

### CAST INTERVIEW

### Blair Witch sequel mixes body horror and primal fear

Richard Crouse

For Metro Canada



The long-awaited *Blair Witch* Project follow-up doesn't have a theme song, but if it did I'd suggest *Teddy Bear Picnic*. In particular the line, "If you go out in the woods today you're in for a big surprise," because, boy, there are some shockers in the

movie's dense woods.

"When I saw our film I was scared," says Corbin Reid who plays Ashley in *Blair Witch*, in theatres today.

"I actually had chills," chimes in co-star Wes Robinson. "I thought that was cool because I don't think that's an easy feat for someone who was there shooting it, who read the script and knew everything that was going to happen. It is the combination of the shots and the sound design and everything."

Shot last year with the woods of Squamish, B.C., subbing in for the story's haunted woods, the movie follows James (James Allen McCune) who was only four years old when his sister vanished while making a 1994

### MOVIE RATINGS by Richard Crouse

**Bridget Jones's Baby** ★★★  
**Snowden** ★★★★★  
**Blair Witch** ★★★★★

**HOW RATING WORKS**  
★★★★★ SEE IT  
★★★★ WORTHWHILE  
★★★ UP TO YOU  
★ SKIP IT

documentary about a witch said to haunt the Black Hills near Burkittsville, Maryland. James thinks his sister may still be alive. Cue the jump scares, red herrings, things that go bump in the woods and close-ups of scared young people.

"Not to get too macabre," says Corbin, "but I think one of the reasons people are attracted to horror is because you're dealing

with death in a safe space. It is something unknown to everyone. We don't know what happens after we die, but you get this fictional setting that you can live it out in. There is something about exposing yourself to your fears. If you can laugh at it or move through it, it forces you to deal with it. You become the master of it."

Robinson praises director

Adam Wingard's skill at scare making. "Adam always gives you a real sense of security in his films. Then when you're not expecting it, he takes it away."

"It gives you time to really sink into the psychological aspect of it," adds Corbin. "You establish the relationships, and then you have something to lose. It's not just trick after trick after trick. That's the thing I love about the filmmaking. It's not cheap. Everything is earned and everything is smart. It is thought out. I think that's why there is such an effect."

In *Blair Witch*, Wingard does a good job with body horror — ick — and primal fears of the dark, small spaces in the unknown. "Everyone's fear is represented

at some point in this movie," says Wes.

Corbin and Wes spent two months in the woods shooting and getting inside the new story, but how familiar were they with the 1999 film? Corbin was just eleven years old when the original movie caused a sensation but that didn't stop her from trying to see it. "I went with my sister and she didn't know it was rated R," she says. "She got in but my mom had to come pick me up."

"I actually saw it in the theatre," says Wes. "I was with a lot of adults. We went to see it and it traumatized me. It's weird where life takes you, though, because I had no idea when I watched it that I would do the sequel one day."

### BURN YOUR MAPS

## A year later, Tremblay breaks out again

Room star Jacob Tremblay returned Thursday to the star-packed film festival that launched his career, armed with a new tear-jerker drama and a handful of quips to charm a press conference.

The Vancouver nine-year-old fielded questions alongside co-stars of his newest film, *Burn Your Maps*, which was making its world premiere at the Toronto International Film Festival.

Tremblay plays a young Chicago boy who believes he is actually a Mongolian goat herder.

He said it was a fun film to

make, noting it was shot in the rolling foothills of the Canadian Rockies, where he ran through fields with goats and rode around on a horse.

"Goats are really cute, especially the baby ones. But they do smell a little bit," Tremblay quipped to a chuckling audience of journalists and festival staff. "I also had to learn to ride a horse without a saddle. If you do that it kind of hurts, if you know what I'm saying."

Co-stars Vera Farmiga and Virginia Madsen had nothing but praise for the young star,

who debuted last year in the captive thriller *Room* as a complete unknown.

In *Burn Your Maps*, Tremblay takes centre stage as Wes, whose disturbing obsession with Mongolia extends to donning handmade traditional garb, devouring online Mongolian language lessons, and making his own herd of goats out of toilet paper.

The fantasy emerges after the family suffers a tragedy that sends each member reeling in their own way. Farmiga's fragile matriarch Alise questions the marital bonds with her husband,

played by Marton Csokas.

Director Jordan Roberts said he first caught wind of Tremblay a year before shooting, when he saw a video of a "mesmerizing" six-year-old.

"There was no acting going on at all, he was 100 per cent present in this imaginary scenario and it just flabbergasted me," said Roberts.

It took a year to raise the money Roberts needed for the film, and when his first audition tape for the youngest role arrived, it was another video of Tremblay. THE CANADIAN PRESS



On-screen mom Vera Farmiga felt an immediate connection with her *Burn Your Maps* co-star Jacob Tremblay after spending time with the nine-year-old's real-life mother and sister.

CONTRIBUTED/THE CANADIAN PRESS



**FILM BRIEF**
**Jay Z declares drug war an 'epic fail'**

Jay Z has declared the war on drugs an "epic fail" in a short film he wrote and narrated.

The four-minute clip posted online by The New York Times on Thursday features Jay Z's narration over an artist's illustrations.

In the video, he complains "young men like me who hustled became the sole villain" when strict drug laws were introduced in the 1980s. He also suggests treatment of drug dealers is hypocritical given that states like Colorado have legalized marijuana.

THE ASSOCIATED PRESS



Jay Z's short film was posted online by The New York Times. SCREENSHOT

# Brie is back where it all began

## Last year's Oscar winning actress debuted new film at TIFF

**Steve Gow**  
For Metro Canada



Brie Larson has had an incredible 12 months since debuting *Room* at last year's Toronto International Film Festival.

For one, she beat the likes of Cate Blanchett and Jennifer Lawrence for the best actress Oscar.

Now, the 26-year-old starlet has no less than five highly-anticipated movies lined up (including the new Marvel superhero blockbuster *Captain Marvel*).

Indeed, she has come a long way in a very short time period.

"It's amazing being back with the year that I've had," stated Larson during a chat at the Intercontinental Hotel this past weekend to discuss her TIFF thriller *Free Fire*.

"There's so many sensory memories that have been coming back to me.

"I was here in this hotel doing



**I was here in this hotel doing the same thing with *Room* and there were so many unknowns**

Brie Larson promoting *Room* last year at TIFF

the same thing with *Room* and there were so many unknowns."

At that time, Larson was a hard-scrabble actress cutting her teeth since childhood in supporting parts in movies or TV — the most notable as a rebellious daughter on Showtime's short-lived series *United States of Tara*. Until *Room*, that is.

Based on the smash novel by Emma Donoghue, it stormed the festival and shocked audiences into bestowing it the People's Choice Award.

"I still didn't know if people liked the movie," recalled Larson.

"I remember distinctly being back home and watching the awards ceremony on my cell

phone for an hour, wringing my hands, waiting to see what would happen before we won the audience award — it was incredible."

From there, the film's legacy is well-documented — an Oscar win for Larson with three other nominations including Best Picture.

This year, *Free Fire* is burdened with none of the assumptions a follow-up feature starring an Oscar-caliber star might carry.

A violent comic-thriller about an arms deal-gone-wrong, it doesn't aim for awards.

Instead, the thriller was gifted the golden spot as the opening night film at Midnight Madness — TIFF's program for movies a bit off the mainstream.

"It's really cool," said Larson, the day after *Free Fire*'s premiere.

"The Midnight Madness crowd seems like the type that are just so audible in their reactions (and) last night was immediately satisfying in the way that I imagine a stand-up comic feels at the end of a night.

"You gauge it by the audience and their reaction and you could hear that they were in it."



Brie Larson poses with fans at the premiere of *Free Fire* last week. GETTY IMAGES

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# Domino ace gets gig with Will Smith

DESIGN

## World record holder Lily Hevesh breaks into Hollywood

You won't see Lily Hevesh strutting on the red carpet at TIFF, but you can see her work in December on the big screen in the Will Smith movie *Collateral Beauty*.

Hevesh, 17, created elaborate domino sequences for the film, an inspirational flick that has already been compared to *It's a Wonderful Life* and *A Christmas Carol*.

"Will Smith was great," Hevesh says. "He was really, really positive. He was very chill. Always making people laugh."

Now, she works a 54-hour week, and will go to college next year to study mechanical engineering and product design. She pulled in more than 8.1-million views over four days this week for a creation she calls *The Amazing Triple Spiral*. That project took 15,000 dominos and more than 25 hours of work spread over eight days.

Hevesh discussed her life in the domino stratosphere with the *Toronto Star*:

### How did you get started?

I got started simply by searching "dominoes" on YouTube when I was 10 years old. I was amazed by the domino videos people had uploaded and was inspired to start building, too.

### What do you consider your biggest triumph?

There are three things for my biggest triumph: One, I was part of a team called the Incredible Science Machine that set up the American Domino Record (250,000 dominoes) and broke the Guinness World Record for most dominoes in a circle field.

Two, I am the number one most subscribed and viewed domino artist on the web with over 884,000 subscribers and 225 million total views.

Three, I was hired to create the domino scenes in the upcoming feature film *Collateral Beauty* starring Will Smith, which will be in theatres this December.

### Your biggest failure?

My biggest failure was around 4,000 dominoes. The setup was finished, I was setting up the cameras, and one of the tripods fell over onto the setup which ruined most of the project.

### Can someone make a good living doing this?

It depends; you have to be getting a lot of views on YouTube to get a reliable income, but there are also opportunities to do professional work for companies and ad agencies.

I am able to make a living do this at least right now — this is my full-time job for my gap year — but it all depends on how much professional work you get and how many people watch your videos.

TORSTAR NEWS SERVICES



"My parents are really supportive and they are proud of what I have accomplished with my domino art. They think it's great that I get to travel doing projects for companies and have built a business through what I love doing," says Hevesh. CONTRIBUTED



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Lily Hevesh, champion domino stacker, poses with Will Smith. CONTRIBUTED



# Not quite the same ol' Bridget



She might be eating dessert alone in that same old London flat on that same old couch listening to the same old Celine Dion song, but it's not tragic. It just is. Her friends all flaked on her and so she has a night by herself. The sense is "whatever" not "woe is me." CONTRIBUTED

Renee Zellweger is charming as ever in *Bridget Jones's Baby*, a lively return to form for the unlikely trilogy about an ordinary woman and her professional and romantic woes. Cut to 12 years later (between movies), Bridget is in her 40s and Mark Darcy has gone off and married someone else. But this is an evolved Bridget.



## When one part of your life starts going OK...

The film lacks Hugh Grant's naughty playboy Daniel Cleaver — who is going to advise Bridget to "invest in lockable knickers?" But his absence is explained with such wry humor, and newcomer Patrick Dempsey fits in so well. He's a single, not sleazy relationship guru who is immediately smitten with Bridget. She has a good time with Jack when she and new BFF Miranda (Sarah Solemani) go on an ill-advised pop festival camp-out, and after the fling goes on her way.



## ...another falls spectacularly to pieces

A few weeks after her tryst with Jack, she finds herself having an unexpectedly romantic night with a now-separated Darcy. She walks away from that, too, and continues on with life until she gets the news that she's pregnant. It could be either Darcy's or Jack's. Both men hop to the challenge. There is still a madcap, slapstick jitteriness to dear Bridget, but calmness has emerged, too — that of a woman who has finally grown into her own skin. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

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## GOSSIP BRIEFS

### Kanye West, Kid Cudi take feud public

Kanye West has wasted no time responding to a storm of critical tweets from his one-time protege Kid Cudi. West ranted against Cudi during his show in Tampa, Florida, Wednesday night, telling Cudi to "never mention" him.

West was referring to Cudi's tweets criticizing "the fake ones" and calling out West and Drake. Another tweet from Cudi read, "I've been loyal to those who haven't been to me and that ends now. Now im your

threat."

West signed Cudi to his G.O.O.D. Music label in 2008. Cudi left the label three years ago. West says he feels "dis-respected" and "hurt," while also telling Cudi "I birthed you." THE ASSOCIATED PRESS

### Dassey lawyers ask for his release during appeal

Attorneys for the man convicted of helping his uncle kill a woman in a case profiled in the popular Netflix series *Making a Murderer* are asking for his release while his



**Brendan Dassey.** HANDOUT

appeal is pending. A 48-page motion filed in federal court argues that Brendan Dassey is not a flight risk and would not pose a danger to the public if he's released. A federal magistrate judge ruled in August that investigators tricked Dassey, then 16, into confessing that he helped his uncle, Steven Avery, rape and kill photographer Teresa Halbach in 2005. The judge ordered that Dassey, now 26, be freed within 90 days unless prosecutors appealed or decided to retry him.

THE ASSOCIATED PRESS



# Emmy predictions in an unsure year

## AWARDS SEASON

### TV academy has changed up voting process

Please excuse the excuses, but this year's Emmy predictions are resting uneasily on shifting ground.

The reason for the caginess: This year, the TV academy ditched a consensus approach in which nominees in each category were ranked on points to determine the winner. Instead, voters now check off their top choice and the one with the most votes wins. That change comes atop a 2015 decision to increase the voting pool beyond small blue-ribbon panels to include more academy members.

Will the two revisions combine for big surprises Sunday when the 68th Primetime Emmy Awards air at 8 p.m. EDT on ABC with host Jimmy Kimmel? Here are some best guesses and wish list for victors in the glamour categories.

#### Drama series

**Should win:** Game of Thrones. The battles, the bravery, the betrayal — it's all there and gripingly cinematic as GOT winds its way through George R.R. Martin's astounding kingdom.

**Will win:** Game of Thrones. Last year, it (bloodlessly!) wrested the top drama award from Emmy voters typically reluctant to reward fantasy shows. Expect it to conquer again.

#### Comedy series

**Should win:** black-ish. Old-school sitcom excellence meets new-school awareness. Can punchlines mesh effectively with troubling social issues? No sweat for creator Kenya Barris and the cast.

**Will win:** Veep. The viciously funny series was crowned in the category last year and, in a rollicking real-world election season that barely exceeds the show's satire, voters will give it a second term.

#### Actor, drama series

**Should win:** Matthew Rhys, The Americans. He exemplifies the British acting craft in a moving, nuanced performance that commands our attention.

**Will win:** Buzzed-about star Rami Malek of Mr. Robot could benefit from the expanded voting. But our ballot is marked for Kevin Spacey of House of Cards — the fourth Emmy bid's the charm for this Oscar winner's supremely villainous politico.

#### Actress, drama series

**Should win:** Viola Davis, How to Get Away with Murder. She lets it rip every which way as a brilliant, sexy, flawed law professor. This stellar actress is always magnetic.

**Will win:** Davis. She made history last year as the first African-American winner in the category and voters will reinforce their admiration with a second trophy.

#### Supporting actor, drama series

**Should win:** Kit Harington, Game of Thrones. His valiant Jon Snow has been a consistent standout in a sprawling cast, but he escaped Emmy notice until Snow died and then rose to fight again. That deserves a trophy, at least.

**Will win:** Harington. Voters will bow down before the King in the North.

#### Supporting actress, drama

**Should win:** Lena Headey. Her wrenching portrayal of Cersei Lannister stumbling through her debasing "walk of shame" in season five inexplicably failed to bring her a trophy, so it's past time for voters.

**Will win:** Headey. Her third GOT nomination comes with Cersei back on top and Headey continuing to deepen her portrayal of the most darkly complex female character on TV.

#### Actor, comedy series

**Should win:** Jeffrey Tambor, Transparent. It took an extraordinary role to give this journeyman actor the recognition due him. Without precedent for playing the slowly unfolding life of a transgender character, Tambor has travelled the path faultlessly.

**Will win:** Tambor, taking his second Emmy for the role because he's in a class by himself.

#### Actress, comedy series

**Should win:** Tracee Ellis Ross, black-ish. The comic timing, the rubber-faced expressions evocative of Lucille Ball and her fresh rendition of a modern working mother make her Emmy worthy.

**Will win:** Julia Louis-Dreyfus, Veep. The impeccably deft comic actress has owned this category since 2012 with her portrayal of vice-president-to-president Selina Meyer. She may have to bow out of contention to stop winning.

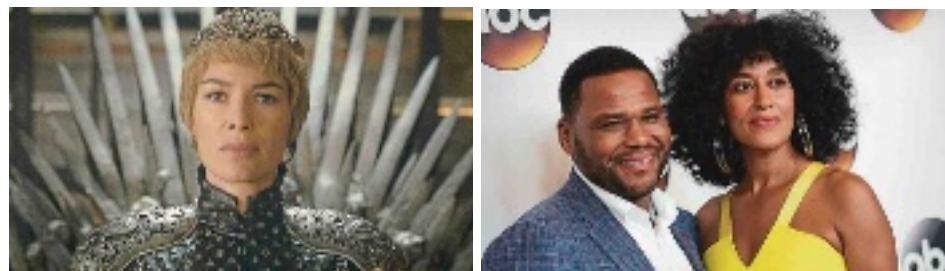
#### Supporting actor, comedy series

**Should win:** Louie Anderson, Baskets. An actor playing a woman who's not transgender

sounds old hat. But Anderson's tone-perfect work makes this equally groundbreaking: The right actor, gender aside, got the role.

**Will win:** Tony Hale, Veep. He plays presidential assistant Gary Walsh with neurotic, clueless perfection and, after two wins for the role, has no reason to be nervous about a third trophy.

THE ASSOCIATED PRESS



At left, Game of Thrones is up for a number of Emmy Awards, including a best supporting actress nom for Lena Headey. On the right, black-ish deserves a best comedy prize. HANDOUT

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# SPOTLIGHT OTTAWA

## Centrepointheatres with something for everyone

The 2016-17 season at Centrepointheatres offers a number of options for kids and families, and even the opportunity for moms to enjoy a special and hilarious night out on the town.

### For kids

Lisa Loeb may be best known for her '90s hit single Stay (I Missed You) but she is quickly becoming a mainstay in the children's music world as well.

On Saturday, Feb. 18, 2017, families are invited to Sing Along with Lisa Loeb, an afternoon of childhood favourites, camp songs and original Lisa Loeb creations, including her hit



SUDDENLY MOMMY/CONTRIBUTED PHOTO

The Disappointing Pancake.

Get your family into the holiday spirit with two performances of Max & Ruby in the Nutcracker Suite, on Thursday, Dec. 15. This colourful and festive stage show features the beloved bunny siblings from television come to life.

The two "bestus" friends from Mo Willems' hit book series Elephant and Piggie leave the page for the stage on Saturday, March 25, 2017 in We Are in a Play! This live musical production brings together six stories from the popular collection for a fun adventure full of songs and laughter.

### Suddenly Mommy

Presented by: Centrepointheatres  
Centrepointheatre (101 Centrepointheatre Drive)  
Thursday, October 20 at 8 p.m.

Tickets are \$34.25 and available through the Centrepointheatres Box Office or online at [centrepointheatre.com](http://centrepointheatre.com).

### For moms

Now that the kids are back in school, grab your girlfriends and plan a night out on Thursday, October 20 as Centrepointheatres presents HBO darling and Second City alum, Anne Marie Scheffler.

New moms fell in love with her one-hour Comedy Network special Suddenly Mommy and, now, you can see it live on stage. The one-woman show is a hilarious dissection of motherhood that exposes how young parents really feel. Her journey from showbiz to motherhood is full of gut-busting anecdotes every working parent can relate to with an exaggerated performance that really gets audiences cracking up.

## DON'T MISS THE LIVE ENTERTAINMENT

Ditch Netflix for one night and plan an evening of live entertainment at Centrepointheatres, where, this season, an impressive selection of music, comedy and variety shows are offered.

### Music

In the spring of 1994, the No. 1 song on the Billboard Hot 100 was Stay (I Missed You) by Lisa Loeb, making her the first unsigned artist to have a No. 1 single in the United States. Over the next 20 years, Loeb continued to write and release new material (including three children's albums) and even ventured into the world of film and television.

On Saturday, Feb. 18, 2017, Loeb will perform her latest album, No Fairy Tale, on the Centrepointheatres' mainstage.

Fresh off the release of their latest album, Melon Collie and the Infinite Radness (Part 1), Newmarket, Ont., indie darlings Tokyo Police Club perform at Centrepointheatres on Tuesday, Nov. 1.

### Comedy

If you're looking for a laugh that isn't online, don't miss beloved Canadian comedy icon Shaun Majumder, star of This Hour Has 22 Minutes, on Friday, Oct. 14.



TOKYO POLICE CLUB/CONTRIBUTED PHOTO

The Debaters return with their always-sold-out CBC radio show, hosted by the hilarious Steve Patterson, for another live taping Feb. 7-8, 2017.

### Variety

On Friday, Nov. 4, the I.aM.mE Dance Crew takes over Centrepointheatres with its mix of street and stage. This dance troupe topped all others in the sixth season of America's Best Dance Crew.

Prepare to be mystified on Friday, Feb. 10, 2017 when MURRAY: Celebrity Magician, a semifinalist on America's Got Talent, brings his mind boggling act to Ottawa.

For fans of bright lights and big numbers, check out Forbidden Broadway on Friday, April 21, 2017, a glitzy spectacle that re-imagines everything from The Lion King to Les Misérables with just the right amount of kitschy charm.

### Events

Centrepointheatres presents less screen time... more real time!

### Comedy

Shaun Majumder - Oct. 14, 2016  
The Debaters - Feb. 7-8, 2017

### Music

Burton Cummings: Up Close and Alone - Oct. 29, 2016  
Tokyo Police Club - Nov. 1, 2016  
Lisa Loeb - Feb. 18, 2017

### Family

Max and Ruby in the Nutcracker Suite - Dec. 15, 2016  
Sing Along with Lisa Loeb - Feb. 18, 2017  
Elephant and Piggie's 'We Are In A Play!' - March 25, 2017

### Variety

Suddenly Mommy - Oct. 20, 2016  
I.aM.mE Dance Crew - Nov. 4, 2016  
Murray: Celebrity Magician - Feb. 21, 2017  
Forbidden Broadway - April 21, 2017

For tickets and more information, visit [centrepointheatre.com](http://centrepointheatre.com)

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SPOTLIGHT OTTAWA

# The 104th season is underway at the Ottawa Little Theatre

The season opens with a laugh — the classic farce *Boeing-Boeing*, written by Marc Camoletti and directed by Shaun Toohey. *Boeing-Boeing* is set in Paris in the 1960s and tells the story of Bernard, an architect and happy bachelor who is engaged to three women, all of whom are flight attendants with frequent layovers.

He keeps “one up, one down and one pending” until an unexpected change in schedule — the introduction of the new Boeing jet — brings them all together.

*Boeing-Boeing* runs until Oct. 1 at Ottawa Little Theatre with matinee performances on Sept. 18 and 25.

Ottawa Little Theatre will also be presenting a new stage version of *The Three Musketeers* by Ken Ludwig this holiday season. This swash-buckling adventure with a twist is a family friendly show.

In the New Year, the dramatic Pulitzer Prize finalist, *Other Desert Cities*, opens at the Ottawa Little Theatre, featuring a family with a long-held secret and very different political views.

The 104th season features the classic *To Kill A Mockingbird*, Agatha Christie’s *Towards Zero*, Norm Foster’s *Old Love* and more.



MARIA VARTANOVA

## Show Times

All evening performances begin at 7:30 p.m. All matinee performances begin at 2 p.m. There are no Monday or Tuesday shows

Box office is open Monday to Friday 11 a.m. to 4 p.m. (open 11 a.m. until showtime on show nights)



RICHARD WONG OF MYSTERY STYLE COSPLAY  
PHOTO BY MTKS ADVENTURES

# CELEBRATING FIVE YEARS OF ALL THINGS GEEK

The Ottawa Geek Market is celebrating its fifth anniversary in October and all geeks are invited to the party.

The event will be a celebration of all things sci-fi, fantasy, comics, anime, steampunk, horror and gaming through shopping, activities and cosplay.

“It was important for us to create an event where people could be themselves, have fun and feel respected,” says Stacey Young, president of the Ottawa Geek Market, which hosts numerous events each year, including festivals and garage

sales. “We’re a volunteer-run event, and are huge geeks and gamers just like our patrons.”

On Oct. 15 and 16, the Ottawa Geek Market will take over the Curling Rink at the Nepean Sportsplex.

Young says the organization decided to go back to basics for this event and will be offering activities such as a video gaming area, tabletop gaming area, a LEGO play area and, of course, lots of shopping.

“We’re very excited to go back to our

original \$5 (in advance) admission price,” she says. “In addition to hosting more than 100 exhibitors, we’ll be running two escape rooms and handing out cosplay hall awards. We also have some surprises up our sleeve.”

Since its founding, the Ottawa Geek Market has raised \$29,000 for local charities and given away \$6,000 in scholarships.

For the October event, it will give away two \$1,000 arts scholarships. For more information, visit [geekmarket.ca](http://geekmarket.ca).

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THE HARPOONIST AND THE AXE MURDERER/CONTRIBUTED PHOTO

# See some of the top talent from Canadian music scene

The Shenkman Arts Centre Presents series has announced three additions to the already impressive 2016-17 lineup, a season that highlights some of the very best talent that the Canadian music scene has to offer.

Jazz lovers won't want to miss the sweet sounds of Rane Lee performing her new album *What's Going On* for the first time in Ottawa on Dec. 2, 2016 at 8 p.m. Lee was named a member of the Order of Canada in 2006 and, in 2010, won a JUNO Award for her album *Rane Lee - Lives Upstairs*.

For the electronic dance music crowd, Canadian world music group Delhi 2 Dublin hit the Shenkman stage on Feb. 3, 2017 at 8 p.m. This multi-national bhangra band fuses electro-pop with folk music from opposite ends of the world to create their unique sound. To get the crowd pumped up, Acid House Ragas will entertain with full-blown psychedelia performed live.

The showcase of stellar Canadian music continues into the New Year with a performance from Ben Caplan and The Casual Smokers on April 7, 2017 at 8 p.m., playing everything from expressive poetry to frenetic gypsy anthems. To kick off the show, Ottawa musician Jack Pine of Jack Pine + the Fire will perform songs from his 2015 solo debut *Lone*

## About Shenkman Arts Centre

*Shenkman Arts Centre is a hub of creativity – a place where artists and audiences meet. Located in the east end of Ottawa, in the heart of Orleans, Shenkman offers programs in both official languages, boasting two theatres, seven galleries and 17 studios.*

*For more information or to purchase tickets for upcoming performances, visit [shenkmanarts.ca](http://shenkmanarts.ca).*

Wolf.

Previously announced season highlights include the 6th Annual New Year's Eve Comedy Night, presented by Shenkman Arts Centre Presents, on Saturday, Dec. 31, which includes an after party with a champagne toast, gourmet bites, a candy bar and lots more. Hotel packages will also be available.

There will also be a handful of amazing rock shows this season, like The Harpoonist and the Axe Murderer on Feb. 22, 2017, along with local favourites and JUNO Award winners, Monkey Junk.

# 3 NEW SHOWS NOW ON SALE

## SLICE OF LIVE

2016/2017 SEASON

**RANEE LEE**

**DELHI 2 DUBLIN**

**BEN CAPLAN & THE CASUAL SMOKERS**

### MUSIC

**The Nylons Farewell Show** **SOLD OUT**  
SEP 30, 2016 - 8 P.M.

**Jane Bunnett and Maqueque**  
OCT 19, 2016 - 8 P.M.

**Café Classico – Ferociously Baroque**  
NOV 6, 2016 - 1 P.M.

**Classic Albums Live: Led Zeppelin II**  
NOV 26, 2016 - 8:30 P.M.

**Rane Lee**  
DEC 2, 2016 - 8 P.M. **NEW**

**Delhi 2 Dublin**  
FEB 3, 2017 - 8 P.M. **NEW**

**The Harpoonist & The Axe Murderer and MonkeyJunk**  
FEB 22, 2017 - 8 P.M.

**Café Classico – Ambassador Brass Trio**  
MAR 5, 2017 - 1 P.M.

**Rémi Bolduc Jazz Ensemble – Swingin' with Oscar**  
MAR 8, 2017 - 8 P.M.

**Stephen Fearing**  
MAR 18, 2017 - 8 P.M.

**Classic Albums Live: David Bowie – Ziggy Stardust and the Spiders from Mars**  
MAR 22, 2017 - 8 P.M.

**Ben Caplan & The Casual Smokers**  
APR 7, 2017 - 8 P.M. **NEW**

### FAMILY

**Sharon and Bram** **SOLD OUT**  
OCT 15, 2016 - 1 P.M. & 4 P.M.

**Tara Luz Danse – Les bâtons**  
OCT 22, 2016 - 3 P.M.

**KinderNACO: WINDerful Musical Zoo**  
NOV 12, 2016 - 4 P.M.

**KinderNACO: We've Got the Beat**  
APR 8, 2017 - 4 P.M.

**Fred Penner**  
APR 22, 2017 - 1 P.M.

### COMEDY

**6th Annual New Year's Eve Comedy Night + After Party**  
DEC/DEC 31, 2016 - 9 P.M.

**This is That**  
JAN 26, 2017 - 8 P.M.

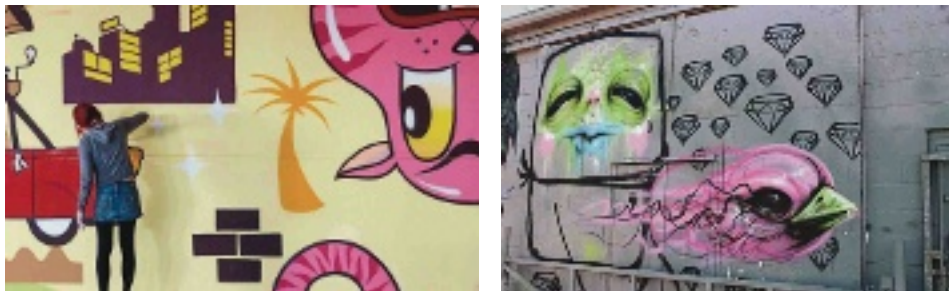
**TICKETS: 613-580-2700**  
**SHENKMANARTS.CA**  
245 CENTRUM BLVD. ORLÉANS, ON K1E 0A1

## SLICE OF LIVE

2016/2017 SEASON



# Detroit: The great comeback



While Detroit has not yet completely bounced back from job losses in the automobile industry and the financial crisis of 2008, signs of reinvention are everywhere — like these art murals found at Z Garage, The Belt and other areas.

TOP AND LEFT: SAL RODRIGUEZ/FOR TORSTAR NEWS SERVICE; RIGHT AND SIDEBAR: JENNIFER BAIN/TORSTAR NEWS SERVICE

## URBAN DESTINATIONS

### Motor City proves its ingenuity yet again

**Jennifer Bain**  
Torstar News Service

You will feel the energy as soon as you get off the plane at Detroit Metropolitan Airport’s McNamara Terminal and make your way through an underground tunnel exploding with a colour-changing light and sound show.

Something remarkable is happening here. The story here is no longer automobile industry collapse, decline, decay and blight. It’s about a glorious city that birthed the Model T and Motown, that’s coming back better, stronger, artier.

Downtown fills up with passionate sports fans when the Detroit Tigers are playing Comerica Park or the Lions are at Ford Field.

I’ll be taking the kids on the Detroit People Mover, with art in all 13 stations. It’s just 75 cents and you can stay on the single-track train loop as long as you want.

Corktown is fully hipster and home to the Detroit Institute of

Bagels, Batch Brewing (the city’s first nano brewery), music destinations, such as the UFO Factory and Hostel Detroit, with its free walking tours.

Downtown, in what was once the garment district, you can’t miss the trifecta of the Library Street Collective, the Belt and the Z garage.

Library Street is a cutting-edge modern/contemporary fine-art gallery. With Dan Gilbert-owned Bedrock Real Estate Services, it activated the public alley out its back door into an art experience full of murals and art installations called the Belt.

Surrounding most of the Belt is the Z, a 10-storey “park in the art” garage with a 3D-style façade and interior murals by 27 artists.

To see the city on two wheels, go to Wheelhouse Detroit on the waterfront for a guided tour or bike rental. Pick an iconic black Detroit Bike.

The food in Detroit is amazing too. There’s a reason why Food Network Magazine put HopCat’s beer-battered Crack Fries sprinkled with cracked black pepper and sided by warm cheese dipping sauce on its Top 10 list. Resistance is futile.

Not far from HopCat at the rustic chic Selden Standard, executive chef/partner Andy Hollyday’s New American shared plates and craft cocktails are works of art.

## HEIDELBERG

### ‘Ghetto Guggenheim’ draws 300k visitors a year

The Heidelberg Project draws upwards of 300,000 visitors a year to one of America’s poorest zip codes for “open air art.” Tyree Guyton has been taking a stand against decay, crime and apathy for 30 years and transforming the vacant lots and abandoned homes of his childhood neighbourhood into a “Ghetto Guggenheim” with discarded objects from everyday life.

Art of some form infuses virtually every Detroit moment. It’s all over Eastern Market, “a playground for grown-ups” with multiple markets, food, vintage clothing and boutiques.

“I always had this feeling of Detroit having a ghost of a prosperous past, and when I got here it was still lingering,” admits Ian Kualii, a Hawaii-raised artist in residence from Berkeley, Calif. “Now I’m extremely hopeful for Detroit. As a complete outsider coming in, it’s pretty incredible.”

*Jennifer Bain was hosted by Travel Michigan, which didn’t review or approve this story.*

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# Montreal prepares for epic birthday

## CELEBRATIONS

### \$100M party to include theatre performances and carnivals

Giant puppets, street parties and social media-savvy bridge lights are just some of the ways Montreal is planning to celebrate its 375th birthday next year.

The date coincides with the 150th anniversary of Canada's founding and, to celebrate, the city is throwing itself a \$100-million bash that includes cultural and historical events, festivals and shows to run throughout 2017. The commissioner of the group organizing the festivities says the city can do with a good party after a recent tough six or seven years that included the Charbonneau Commission looking into corruption in the construction industry.

"We needed that breath of fresh air," Gilbert Rozon said. "We needed to give some love back to Montreal, and also to bring some tourism to Montreal."

The year-long celebration,



#### 1 Grand light show

On the grander side of the scale is a \$39.5-million plan to light the Jacques-Cartier Bridge beginning May 17, the same date in 1642 when a group of missionaries and French colonists founded what was then a mission called Ville-Marie.

#### 2 By the season

The bridge will be fitted with 2,800 lights that will change colour according to the season.

#### 3 Capturing the energy

The speed, movement and intensity of the lights can also be changed to reflect the current traffic, weather forecasts or what Montrealers are discussing on social media, in order to "reflect the energy of the city" in a subtle way, Rozon said.

which will actually kick off in December, making it 375 days long, includes more than 200 events both lavish and local.

The events kick off in December with a variety show, televised on several French-language networks and where the programming will be unveiled.

Highlights of the first months include outdoor winter games, a gathering of 50 top chefs and lighting shows to illuminate the frosty months.

The summer will feature daily outdoor theatre performances, a carnival in each of the city's 19 boroughs and a specially cre-

ated performance by the giant marionettes of the Royal de Luxe street theatre company.

Outside the budget for the celebrations, the city has also earmarked about \$300 million for a series of "legacy" infrastructure projects including renovations to Saint-Joseph's Oratory,

improvements to green spaces, public art and a 3.8-kilometre pedestrian walkway to connect the St. Lawrence River to the foot of Mount Royal.

On a smaller scale, the city has also approved some 100 neighbourhood projects run by community organizations.

These are wide-ranging, from podcast walking tours of Notre-Dame-de-Grace to a country music festival in Hochelaga-Maisonneuve to the temporary revival of Belmont Park, a long-closed amusement park in Ahuntsic-Cartierville.

THE CANADIAN PRESS

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DeAndre Hopkins, who was fined \$6,000 by the NFL for his turtle dove coloured Yeezy cleats, will wear them again "if Kanye wants to pay the fine"

## The world is his stage

### WORLD CUP OF HOCKEY

### Crosby has come up big internationally for Canada

When Sidney Crosby first stepped onto the international stage, Team Canada fell flat.

It was 13 years ago in the summer of 2003 and Crosby had just turned 16. He was by far the youngest player on an under-18 squad shooting for an eighth consecutive gold medal at the junior World Cup. But that year, even with the prodigy on hand, Canada finished a distant fourth, trounced 8-2 by the hometown Czechs in the bronze-medal game.

It was by no means a preview of what was to come for Crosby on the world stage.

The Cole Harbour, N.S., native has won nearly everything there is to win while wearing the Maple Leaf, save the World Cup of Hockey, which he'll play in for the first time later this week.

Crosby has come up golden at the world juniors, world championships and twice at the Olympics.

"I feel like every time you

put on a Team Canada jersey, you're representing your country, there's a lot of pride that comes with that," Crosby said Thursday at World Cup media day.

His "golden goal" at the 2010 Olympics in Vancouver stands as one of the most impactful goals in the country's history. Indeed, Crosby has met expectations on the international stage, despite the bright spotlight and increased pressure that comes with being the most hyped player of his generation.



**With that kind of format I think it brings out the best in everyone.**

Sidney Crosby

"For Sid and a lot of these kids coming up, they have a little bit of an unfair target on their back at all times," said Ryan Getzlaf, a frequent teammate with Canada. "People expect so much out of them on a daily basis that they forget that they're still players and they're still humans. It's part of the role I guess that he's taken on his back and he's done

a great job with it."

While it may lack the significance of the Olympics, the World Cup is another chance at international glory on home turf for Canada.

Crosby thinks home-ice advantage can help. The group fed off the enthusiasm in Vancouver, he said.

"I think there's always pressure, there's always expectations (and) you may feel that a little bit more being at home," said Crosby, coming off his second Stanley Cup with the Pittsburgh Penguins last season. "But I think it's something you can definitely embrace and use to help you, too."

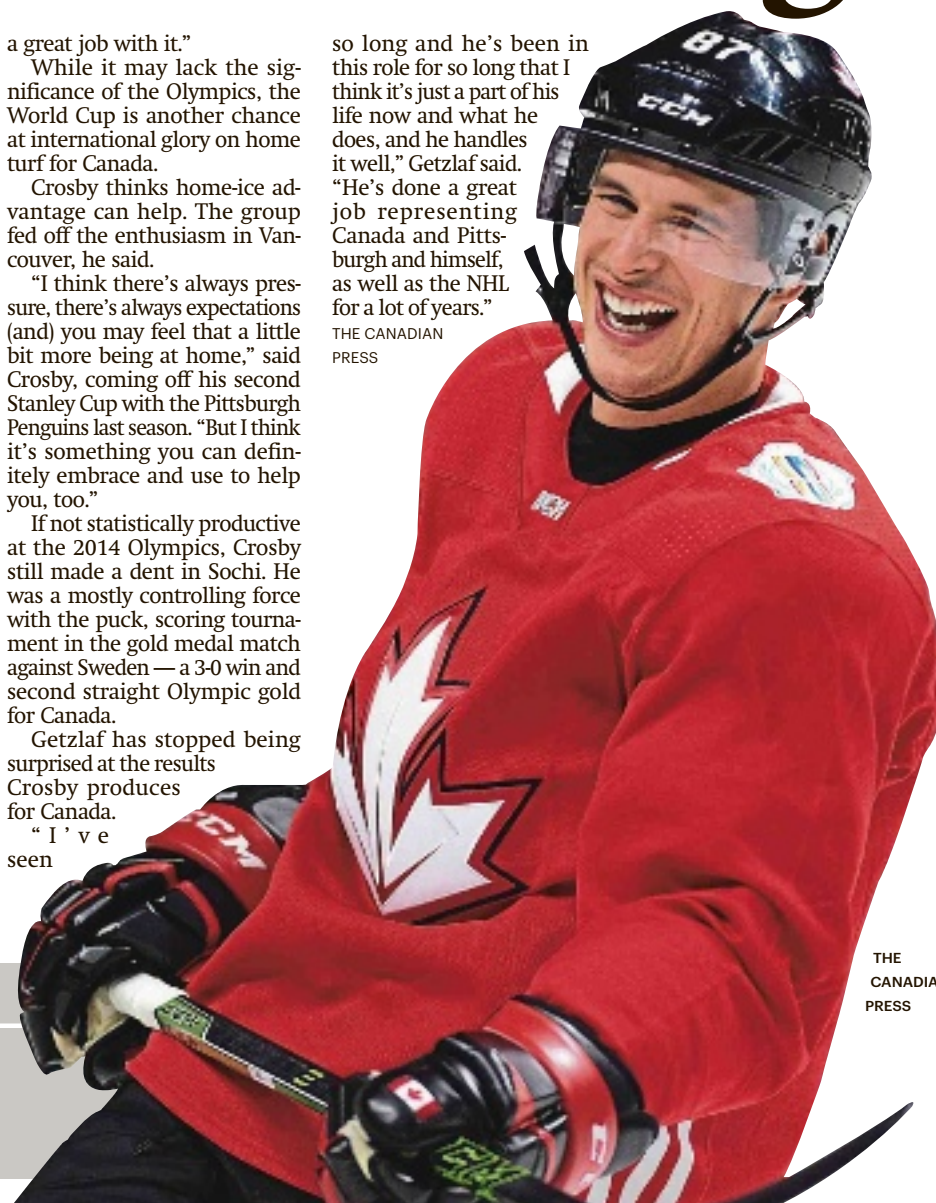
If not statistically productive at the 2014 Olympics, Crosby still made a dent in Sochi. He was a mostly controlling force with the puck, scoring tournament in the gold medal match against Sweden — a 3-0 win and second straight Olympic gold for Canada.

Getzlaf has stopped being surprised at the results Crosby produces for Canada.

"I've seen

so long and he's been in this role for so long that I think it's just a part of his life now and what he does, and he handles it well," Getzlaf said. "He's done a great job representing Canada and Pittsburgh and himself, as well as the NHL for a lot of years."

THE CANADIAN PRESS



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### IN BRIEF

#### Rivard captures her third gold medal of Paralympics

Canadian swim star Aurelie Rivard has another gold medal and another world record.

The 20-year-old from Saint-Jean-sur-Richelieu, Que., demolished the field to win the 400-metre freestyle at the Rio Paralympics, her third gold medal of the Games.

Rivard, who was born without a hand, pulled away over the final 200 metres to touch the wall in a world-record four minutes 29.26 seconds.

THE CANADIAN PRESS

#### Feyenoord makes Man United's bad week worse

Feyenoord stunned Manchester United 1-0 in the Europa League on Thursday, handing the English giant a second loss in less than a week.

Midfielder Tonny Trindade de Vilhena scored for Feyenoord, a team that has won all five of its Dutch league matches.

THE ASSOCIATED PRESS

#### Twins earn split in 4-game series with Tigers

Brian Dozier's two-run single highlighted a four-run second inning and the Minnesota Twins handed the Detroit Tigers a crucial loss, beating them 5-1 on Thursday.

The Tigers were only able to split four games with the lowly Twins, hurting them in the crowded AL wild-card race.

THE ASSOCIATED PRESS

### + WEEKEND SCHEDULE

#### SATURDAY

■ USA VS. Europe, 3:30 p.m.  
■ Czech Republic vs. Canada, 8 p.m.

#### SUNDAY

■ Sweden vs. Russia, 3 p.m.  
■ North America vs. Finland, 8 p.m.

\*All times Eastern



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RECIPE White Bean Tuna Salad



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh For Metro Canada

This salad plays the perfect balancing act — the veggies keep things light, while the beans and tuna make it a satisfying meal.

Ready in 30 minutes  
Prep time: 5 minutes  
Cook time: 25 minutes  
Serves 4

- Ingredients
- 1 x 5 oz can of tuna
  - 1 x 15 oz can of cannellini beans
  - 1/4 cup red onion, diced fine
  - 3 Tbsp lemon juice
  - 2 Tbsp olive oil
  - salt and pepper to taste
  - 4 or 5 radishes, thinly sliced
  - 8 or so cherry tomatoes, cut in half
  - 1 bunch of arugula, washed, dried and trimmed

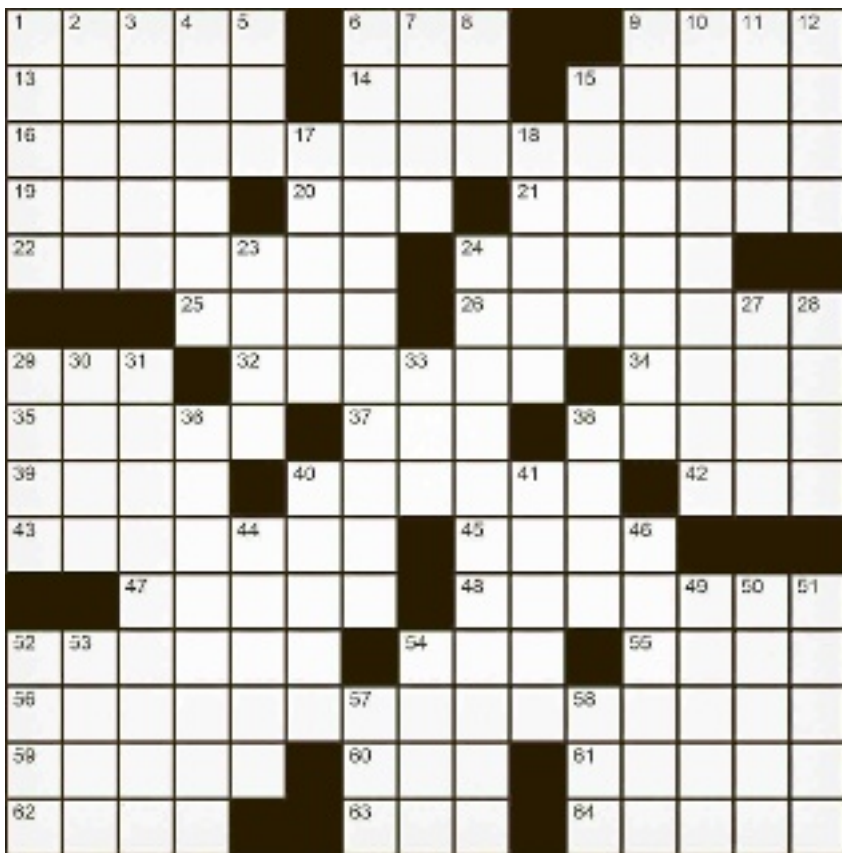
• 2 handfuls of fresh basil, washed, dried and trimmed

- Directions
1. In a large-ish bowl, mix together the tuna, beans and onions.
  2. In a small bowl, whisk lemon juice and olive oil, pour over tuna and mix. You don't want to lose all the texture of the tuna, so don't overdo it. Add salt and pepper to taste. Cover with cling film and chill up to an hour. You can skip this step but it will enhance the flavour.
  3. Now it's just an assembly job. You've got four plates. Lay out a handful of greens on each plate, a scoop of tuna deliciousness and then scatter tomatoes, radishes and basil on top.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

- ACROSS
1. "Fiddlesticks!"
  6. Vitality
  9. "Ac-Cent-\_\_Ate the Positive"
  13. School: French
  14. Mason's load holder
  15. \_\_ it up (Celebrate)
  16. Casually wear a shirt with these: 3 wds.
  19. "...\_\_ it seems." (That's how things look)
  20. Higher-than-a-King symbol
  21. Chauffeur's uniform
  22. Second 'N' of CNN
  24. Granny Smith's gadget?
  25. \_\_Tzu (Woof! Woof!)
  26. Drink water
  29. Hotness
  32. \_\_ up, as muscle cars
  34. President Putin, to pals
  35. Captain Benjamin \_\_, on "Star Trek: Deep Space Nine"
  37. 1989: "Get on Your Feet" singer ...her initials-sharers
  38. \_\_ Falls (Vancouver Island's high waterfall)
  39. Medieval silk/gold fabric
  40. Town on Lake Ontario east of Toronto
  42. Academic year div.
  43. "Huh...?": 2 wds.
  45. " \_\_! \_ rodent!"



47. Fathers: French
48. Edmonton-born actress, \_\_ Chong
52. \_\_ Marcus (American retailer)
54. Hip-Hop music label co-founded by Birdman, for short
55. Margarine
56. Journalistic group

- since 1846: 2 wds.
59. Fall guy
60. Airport screen wd.
61. Bristly hairs
62. Python's complaints
63. Pub order
64. All in \_\_ work

- DOWN
1. 1955: Ousted leader of Argentina, Juan \_\_
  2. Outcome of interest to a sports fan
  3. "The Planets" composer Gustav
  4. Permits
  5. Small
  6. Montreal-born ce-

- lebrity chef/restaurateur: 2 wds.
7. Optimism
8. Egos and \_\_
9. "Bitter Sweet Symphony" act: 2 wds.
10. Car mechanic uniforms
11. Tiller
12. \_\_daisy!

15. Kelly LeBrock movie, " \_\_ Science" (1985)
17. Racecar driver Mr. Franchitti
18. American architect, Frank \_\_ Wright
23. " \_\_ that's how it's gonna be, eh?!"
24. Just east of Calgary city called 'Alberta's Oasis'
27. "Shark \_\_" (2004)
28. Cheesy ball
29. Joni Mitchell's "The Last Time \_\_ Richard"
30. Sumptuous
31. Reality rejecters
33. Spuds exporter, e.g.
36. British supermodel: 2 wds.
38. "Coach" star, Jerry Van \_\_
40. " \_\_ Was Young" by Eric Burdon & The Animals
41. Reality's target
44. Canadian racecar great Paul
46. Worshipped
49. Prince Valiant's beloved
50. "Shall \_\_...?" (How does this work for everyone)
51. Breathers
52. Shortly snoozes
53. Those, in Spain
54. Key below Shift
57. Battery size
58. Safety message, e.g.

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

♈ **Aries** March 21 - April 20  
Today's Full Moon could trigger problems with co-workers, customers and clients. Just be patient, because this is only a 48-hour stress.

♉ **Taurus** April 21 - May 21  
The Full Moon today can make people emotional and reactionary. You might notice this in romantic relationships; you also will notice it when dealing with children. Just be patient.

♊ **Gemini** May 22 - June 21  
It will be difficult to fulfill the demands of home and family versus the demands of your career and public reputation. Today you cannot ignore home and family.

♋ **Cancer** June 22 - July 23  
This is an accident-prone day for your sign, because of the energy of the Full Moon. Therefore, go slowly and think before you speak or act. Pay attention!

♌ **Leo** July 24 - Aug. 23  
Disputes about money, possessions or loans might arise today because the Full Moon always brings things to a head. Don't be overreactive. Think positive.

♎ **Libra** Sept. 24 - Oct. 23  
Be extra-patient when dealing with others today, especially at work or on the job. Whenever there is a Full Moon, everyone is reactionary and more emotional than usual.

♏ **Scorpio** Oct. 24 - Nov. 22  
Don't jump the gun when dealing with friends or a member of a group today. Wait to see what they want. Today is a Full Moon, and this can affect your relations with others.

♐ **Sagittarius** Nov. 23 - Dec. 21  
Despite the demands of home and family, you have to acknowledge the demands of your job or even your public image today. (The Full Moon will create conflicts here.)

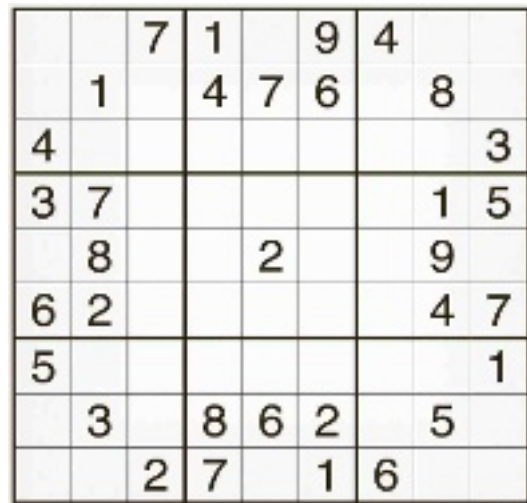
♑ **Capricorn** Dec. 22 - Jan. 20  
Pay attention to everything you say and do today, because this is a mildly accident-prone day for your sign, simply because of the Full Moon energy.

♒ **Aquarius** Jan. 21 - Feb. 19  
Quarrels about money and shared possessions might arise today because of the Full Moon. This is a poor day to discuss how to divide an inheritance

♓ **Pisces** Feb. 20 - March 20  
Today the only Full Moon in your sign is taking place. This can make you more emotional than usual. Take a deep breath and chill out.

CONCEPTIS SUDOKU by Dave Green

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